

Hawaiian Toffee

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



1164 kcal

SIDE DISH

Ingredients

- ☐ 1 cup butter
- ☐ 1 tablespoon plus light
- ☐ 1 cup macadamia nuts toasted chopped
- ☐ 1 cup semisweet chocolate morsels
- ☐ 1 cup sugar
- ☐ 0.5 cup coconut or sweetened flaked toasted
- ☐ 0.3 cup water

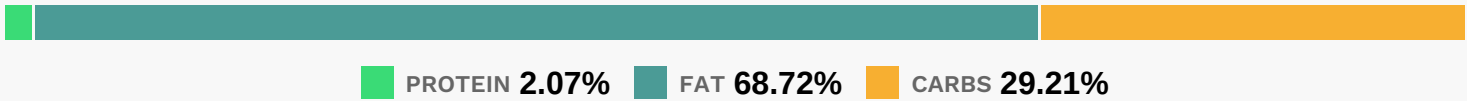
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ candy thermometer

Directions

- ☐ Spread macadamia nuts into a 9-inch circle on a lightly greased baking sheet.
- ☐ ?X|;?ar and next 3 ingredients to a boil in a heavy saucepan over medium heat, stirring constantly. Cook until mixture is golden brown and a candy thermometer registers 290 to 310 (about 15 minutes).
- ☐ Pour sugar mixture over pecans on baking sheet.
- ☐ Sprinkle with morsels; let stand 30 seconds.
- ☐ Spread melted morsels evenly over top; sprinkle with coconut. Chill 1 hour. Break into bite-size pieces. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:37.27, Glycemic Load:35.9, Inflammation Score:-8, Nutrition Score:17.183043371076%

Nutrients (% of daily need)

Calories: 1164.49kcal (58.22%), Fat: 91.79g (141.22%), Saturated Fat: 45.93g (287.06%), Carbohydrates: 87.78g (29.26%), Net Carbohydrates: 80.25g (29.18%), Sugar: 76.12g (84.58%), Cholesterol: 124.71mg (41.57%), Sodium: 406.01mg (17.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 38.7mg (12.9%), Protein: 6.22g (12.44%), Manganese: 2.08mg (104.2%), Copper: 0.85mg (42.6%), Magnesium: 129.51mg (32.38%), Fiber: 7.53g (30.13%), Vitamin A: 1440.68IU (28.81%), Vitamin B1: 0.42mg (28.16%), Iron: 4.28mg (23.76%), Phosphorus: 204.23mg (20.42%), Potassium: 431.46mg (12.33%), Zinc: 1.79mg (11.9%), Vitamin E: 1.76mg (11.75%), Selenium: 7.6µg (10.86%), Calcium: 72.82mg (7.28%), Vitamin K: 7.21µg (6.87%), Vitamin B3: 1.3mg (6.52%), Vitamin B2: 0.11mg (6.28%), Vitamin B6: 0.11mg (5.62%), Vitamin B5: 0.47mg (4.66%), Vitamin B12: 0.18µg (2.96%), Folate: 5.71µg (1.43%)